

Transcript of JCMHC Community Toolbox #ZeroReasonsWhy Crisis Series – Friend Conversation

Brian:

Let's say you're leaving class one day and you overheard a different friend group that was talking about one of their friends that was contemplating suicide. What are the steps that you would take to help that person?

Sloane:

I think for me, first of all, I would want to readdress and make sure I heard them correctly. We wouldn't want to start anything, spread rumors, but talk to the people that I heard speaking about it. Say, "Hey, is everything okay? Do you guys need someone to talk to? Or does your friend need someone to talk to?" I think it's very easy for kids our age to play things off or even make it as a joke when it really shouldn't be.

Morgan:

Suicide is a serious topic. A lot of times teenagers don't really know what to do in that situation. So I always think we should reach out to a trusted adult or someone who actually knows what's going on.

Sloane:

You'd rather be wrong and be extra careful of it.

Brian:

Exactly. Alright, so let's say you talk to the friends and they are kind of worried. What do you think are some of the steps to take after you talk to the friends?

Sloane:

I'd say first reach out to the person, their friend that they're talking about and say, "Hey, just letting you know, I'm here for you. There are people who are here for you." And then if the situation is something fairly serious, reach out to a counselor or a teacher or a parent, someone and say, "Hey, I think this person needs help."

Brian:

Right. Let's say you're not very close with that person. You don't know them, it may be best to find one of their really close friends, talk to them and maybe coach them a little bit too on some of the things that they can say. You can give them our crisis line, if they need to brainstorm any ideas. Encourage them to talk to a teacher or their parents too, as well.

Sloane:

I would continue, like you said, to follow up with that person or at least with their friends, because it's a difficult situation to be in and not all of their problems will immediately go away.

Morgan:

Every person wants to be seen, heard, and loved and not just dealt with and then brushed under the carpet like nothing happened. You need to follow up with that person and make sure that they're doing ok.